



- **Do not enter** Aiki-Centre if you are feeling unwell, have a cold, flu, sore throat, fever or other type symptoms or have been exposed to someone diagnosed with Coronavirus or have recently returned from overseas.
- Do not participate in any classes if you have any of the symptoms listed above.
- The mat, boxing equipment, seating in changerooms, all surfaces and front of dojo are being regularly cleaned and sanitised before, during and after classes.
- All participants are to wash hands and wrists thoroughly before and after training.
- Bring a towel and drink bottle – all cups have been removed and it is preferred not to provide disposable cups.
- Avoid touching face and mouth. Sneeze or cough into your elbow and leave the mat to wash hands.
- Maintain a clean gi (uniform).

Thank you for your understanding
Catherine Sensei